

To : The member of Fluchtlingsskinder

From : Ibtissam Al Khalil social worker in Ain EL Helweh Camp .

Subject : Annual report of my work in 2010 .

This report contains : 1- The new center and its services .

2- My Job .

First I want to remind you about Ain El Helweh center and its programs in year 2010 :

- *Family Happiness Project (sponsorship around 80 children).
- *Kindergarten Program (benefit around 75 child) .
- *Special needs children (12 girls) .
- *Remedial classes for 75 child .
- *Literacy program (12 girls) .
- *Scholarships program for both university studies and vocational training .
- *Loan program for families (new program) .
- *Program for women work in embroidery (25 women) .
- *Learning computer program for both children and youth (new program) .
- *Educational , national , health , and entertainment activities For youth every Sunday .
- *Activities in both seasons Spring and Summer (200 children).

Information about Family Guidance Center in Saida :

Before July 2010 , Ain El Helweh Center used to transfer the children with mental problems to our centers in Beirut or Tyr for treatment . But the problem was in transportation costs for most of the families and without follow up the treatment will be so difficult .

Palestinians inside Ain El Helweh and Meyeh w Meyeh Camps are not safe ... Security inside the camp is unstable . Murder could happen anytime and in front of children , because of this children have many problems and feel always nervous and scared .So establishing a new center for mental health in Saida was a necessity . Also there is a lake

of mental health clinics in Saida, only there are some private clinics and they are very expensive.

In July 2010, we opened the family guidance center in Saida near to Ain El Helweh and Meyeh w Meyeh camps in a region called the Villas. We have equipped rooms for specialists each according to their domain . We serve poor children who need our help .

Team work includes :

- Mental Health : Dr. Jihan Raheem
- Psycho Therapist : Mohamad Aorabi and Elie Abu Shakra
- Speech and Learning Difficulties Therapist : Mona Abu Joudeh
- Psychomotor Therapist : Fatima Zabad
- Social Worker : Abir El Yousef
- Cleaning Worker : Abir El Masri
- Center Responsible : I btissam El Khalil
- Program Coordinator : Lilian Younes

Our purposes is to :

- 1- Improve the mental health for Palestinians children and their families in Saida .
- 2- Acquisition of skills for parents to protect their children .
- 3- Create positive attitudes toward mental health .

My job in the Family Guidance Center :

I was working in Ein El Helweh Center before as a social worker , but in July 2010 we started to work in the new center , we all work as a team . First, I receive the child and his/ her mother, take the information and ask her about the problem and give her information about center services. At this time , the child will be with a social worker in another room playing or coloring . After I fill up the form I give her an appointment with the doctor . When the doctor sees the child he will decide if the child's problem is mental or physical and this of course will happen after a certain tests.

I work as a coordinator between schools, associations, clinics and our center . I visit with a social worker the child parents . Also we have a weekly meeting so that each case will be discussed with the specialists. From July 2010 till the end of year 2010, we received 101 children (60 males and 41 females) and they are Palestinians and Lebanese, most of them are still under follow up by our specialists.

Children who come to us have different diseases like :

- Inability to deal with daily problems and activities .
- Eating and sleeping disorders
- Obesity problems.
- Authority challenge , running away from school , stealing properties , causing damage .
- Long term negative mood accompanied by poor appetite.
- Nervousness with anger tantrums.
- Poor school performance.
- Staying alone most of the time .
- Excessive anxiety .
- Hyperactivity.
- Nightmares or night terrors.
- Disobedience .
- Frequent tantrums .
- Hallucinations .

I always remember my visit to Germany and how they care a lot about children with special needs and try to make them useful in the community. Unlike what is happening here , the child with mental illness are neglected and specialized places for them are rare and so expensive because of this we are doing our best to help them in our center .

Ibtissam El Khalil